

Berry Fruit Salad100

Number of Servings: 100 (98 g per serving)

Amount	Measure	Ingredient
3 1/4	qt	Pie Filling, cherry, low cal
5 1/4	qt	Strawberries, fresh, sliced
8 1/2	cup	Banana, fresh, slices
8 1/2	cup	Mandarin Oranges, cnd, w/juice, drnd

Nutrients per serving

Nutrition Facts			
Serving Size (98g)			
Servings Per Container			
Amount Per Serving			
Calories 45		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	5mg		0%
Total Carbohydrate	11g		4%
Dietary Fiber	2g		8%
Sugars	8g		
Protein	1g		
Vitamin A 6%		Vitamin C 45%	
Calcium 2%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Drain mandarin oranges. Slice banana into mandarin orange juice to keep them from turning dark. Drain off juice. Combine bananas and oranges with sliced strawberries and no sugar added cherry pie filling. Serve at room temperature or chill and serve later.

1/2 C serving (#8 scoop) = 1 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.

Notes

Any kind of berries may be substituted for the strawberries for variation
Frozen, unsweetened, sliced, drained berries may be used.